

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

SEPTEMBER 28, 2007



Jesse Mortensen, 8, Camp Smith running back, drags his tacklers for a few extra yards in an Intramural Football League regular season game against the Marine Aircraft Group "Bandits." Camp Smith scored their first touchdown of the game around one minute after the kickoff.

Camp Smith raids the field

Lance Cpl. Brian A. Marion

Combat Correspondent

The Camp Smith "Raiders" remain undefeated after fighting within the last few minutes of an Intramural Football League regular season game here to keep the Marine Aircraft Group 24 "Bandits" from scoring a game-winning touchdown.

Jamie Willis, Bandits' head coach, felt his team would be competitive against the Raiders.

"We've gone over our mistakes from previous games, and we're fundamentally sound," Willis said. "We want to win this game, because Camp Smith are the defending champions, and somebody's got to beat them."

On the other side of the field, Carson Peapealalo, Raiders' head coach, felt reasonably good about his team going against the Bandits.

"We have been working on our mistakes and our discipline," Peapealalo said. "This game will be a god opportunity for us. They have beaten [Combat Service Support Group 3] so we can't take them lightly."

The first quarter started with the Raiders receiving the ball and returning it past the 50-yard line before their offense took the field.

The Raiders came out strong by scoring the first touchdown of the game on the second play of the game only one minute after the kickoff.

Check out Wednesday night's game, when MAG-24 takes on HQBN, at Pop Warner Field; Thursday head to Camp Smith to support K-Bay's CSSG-3. Both games kick off at 6:30 p.m.



James Dorsey, Camp Smith slotback, 15, runs behind the block of teammate Pau Mahuka, offensive lineman, to get a few more precious yards in their game against the Marine Aircraft Group "Bandits" Sept. 20 at Pop Warner Field.

See RAID, C-7



Jordan Poe, 3rd Radio left center fielder, eyes a dropping ball as he gets ready to swing away at an Intramural Softball League Game at Risely field here Monday.

Malcatraz turns down the 'Radio'

Pfc. Ronald W. Stauffer

Combat Correspondent

The Marine Aviation Logistics Squadron 24 "Malcatraz" turned up the heat in the fourth inning, beating 3rd Radio Battalion, 27-19, at an Intramural Softball League game at Risely Field here Monday.

In a close game, Malcatraz's superior batting and defensive fielding proved effective in the final innings, bringing them on top and leaving 3rd Radio in the dust.

Before the game, Malcatraz was confident they would win.

"We're going win, there's no doubt in my mind," said Brian Lugavere, Malcatraz shortstop. "We're going to get them on, get them over and get them in."

Even the wives of the Malcatraz players were expecting a win.

"We're going to turn the radio off," said Luran Lugavere, wife of Brian Lugavere.

As the game started, both teams were determined to outplay the other, keeping the score close through the first and second innings.

Coming out strong in the bottom of the third inning was E.J. Veliz, 3rd Radio shortstop. He hit the first homerun of the game with a man on base, but only scored one run because the first runner didn't tag second base.

Answering back to the homerun was Patrick Cuda, Malcatraz's catcher, belting the ball deep into the outfield.

During the bottom of the fourth inning, Johnson picked up the third homerun of the game, which fired up Malcatraz in the top of the fourth.

See RADIO, C-6

The right way to roll



Christine Cabalo

Evan Flournoy practices a trick Sept. 26 as his friends Cody Spencer (left) and Ikaika Leialoha watch from the side of the Base Skate Park. Flournoy said he's never broken a bone while skating, and the three skaters said they regularly enjoy using the park.

ONGOING SPORTS BRIEFS

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



The 11th Annual 5K Grueler, an extreme uphill race hosted by Marine Corps Community Services, kicked off with more than 70 runners, Sept. 19.

11th Annual 5K Grueler kicks off at Camp Smith

Story and Photos by
Pfc. Ethan Hoaldrige

U.S. Marine Corps Forces, Pacific

MARINE CORPS BASE CAMP H.M. SMITH, Hawaii — The 11th Annual 5K Grueler, an extreme uphill race hosted by Marine Corps Community Services, kicked off with more than 70 runners here, Sept. 19.

Before starting the race, Sgt. Maj. Michael Berg, sergeant major, Headquarters and Service Battalion, U.S. Marine Corps Forces, Pacific, asked participants to observe a moment of silence to honor last year's overall winner, the late Cpl. Seth Algrim, a scout sniper with 1st Battalion, 3rd Marine Regiment.

Algrim died in a training



The runners jolted off from Bordelon Field at Camp H.M. Smith, Hawaii, during the 11th Annual 5K Grueler.

accident on Camp Pendelton, Calif., a month after last year's race.

This year's race began and 19 minutes, 16 seconds later, Brian Hareington, a Navy cross-country team member, crossed the finish line, beating Algrim's time by only 21 seconds.

The race also awarded

teams, which consisted of six runners who had to finish together.

The last member crossing the finish line determined the team's final time.

The first place group, Michael Berg, Jay Cota, Ronald Louis, Michael Shingler, Albert Martinez and Jeremiah Burcher, finished

with a time of 24:10.

Each of the overall winners received engraved, wooden plaques and medals.

For more information on future runs, visit www.mcc-shawaii.com.

To find finishing times for all 5K Grueler participants, visit <https://www.timelinehawaii.com>.

Safety tips for bike riders

Jenny Sokol

LIFELines

Whether it's spring and the tulips are in bloom, the height of a long, hot summer, or a chilly autumn day with the trees turning colors, there's no better way to enjoy the outdoors than by bicycle. But before heading out, be sure to review some basic safety tips.

Bikers Beware

Most bicycling accidents occur less than five blocks from home and are the result of falls. Collisions with motor vehicles account for only 20 percent of bike injuries, but these collisions are far more dangerous and account for 95 percent of cyclist deaths. And cyclists are at fault in 70 percent of all collisions.

Protect Yourself

- ♦Wear a helmet. Purchase a helmet with a sticker from the Consumer Product Safety Commission, and ask the salesperson to help you find the correct size. Adjust the chinstrap until the helmet doesn't slip and place the helmet forward on your head.
- ♦Wear the right clothes. Always wear shoes with soles. In cold weather, wear layers instead of bulky clothes. Tuck loose-fitting pants into your socks or secure them with rubber bands.
- ♦Be bright at night. If you must ride at night, use rear and side reflectors, clothing with reflective tape, and a headlight.
- ♦Become street smart. Come to a complete stop at stop signs, and look all around you. Always ride with traffic, in single file. Beware of parked cars — they may merge into traffic or open a door suddenly. Finally, always signal your intentions.

Child Safety

Children need more safety instruction than adults. Because they don't drive yet, they don't understand traffic patterns or anticipate driver's decisions.

Also, they tend to follow each other, resulting in peer-pressure injuries, such



File photo

as when the last child in the group doesn't stop at a stop sign in order to keep up with the rest of the group.

Fit your child's bike so that both feet touch the ground when he or she straddles the bike. Gearless bikes are easiest for children to maneuver. Teach them to stop and look both ways before coming out of a driveway or alley, and to walk their bike across busy streets.

Check with the military base closest to you for safety workshops for children. Often installation Safety Centers host bicycle safety stand-downs for families.

The Bicycle Safety Education Resource Center provides bicycle safety information to assist in teaching your child to ride safely.

Biking on Base

While on base, biking tends to be rather safe due to enforced safety rules, though off-duty biking is another story.

According to Phil Bower, safety specialist at Camp Pendleton's Base Safety Center, the most common bicycling violation in off-duty recreational mishaps is the failure to wear a helmet.

On base, he encourages cyclists to stay well within designated bike lanes. OPNAVINST 5100.25A outlines the rules for biking on base, including wearing light-colored clothing and reflective clothing during reduced visibility conditions.

Pre-Biking Checklist

- ♦Inspect tires. Ensure that the tire tread is not worn, and the air pressure is correct.
- ♦Carry a spare tire or patch kit in a bike pack. Learn how to change a tire before going for a spin.
- ♦Clean up. Wipe your bike down and oil moving parts often.
- ♦Make adjustments. Check that the brakes bring the bike to a quick, smooth stop. Make sure the seat and handlebars are a good fit for your body.

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Fall Swim Lessons

All ages are welcome for swim lessons at the base pool, Oct. 2. The lessons are open to active duty, family members and DoD employees.

For more information, call Dino Leonard at 254-7655.

Women’s Beginning Golf Program

The Kaneohe Klipper Golf Course will host a Women’s Beginning Golf Program every Saturday to Oct. 20. Participants will learn basic golf skills and the ability to quickly improve. No equipment is required for the program; however, space is limited to 15 people. Register at the Kaneohe Klipper Golf Course Pro Shop.

For more information, call 386-3500.



2007 Intramural Softball Fall Standings

TEAM	WINS	LOSSES
CSSG-3	7	0
HQBN “ASP”	7	1
MALS-24	10	2
2-2	7	3
CSSG-3 “MAINT”	5	4
MAG-24 “ORD”	6	6
VP-47	3	4
3RD RADIO BN	3	4
VR-51	1	4
HSL-37	3	7

Standings as of Sept. 24



2007 Intramural Tackle Football Standings

TEAM	WINS	LOSSES
CAMP SMITH	3	0
MAG-24	3	1
CSSG-3	1	3
HQBN	0	3

Standings as of Sept. 24

Commanders Cup Bowling League 2008

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave	HDCP	Pins plus Handicap	Place	Team Name	Points Won	Points Lost	Team Ave	HDCP	Pins plus Handicap
1	BANNED	12	0	615	149	6994	9	Big Ern's Kids	5	7	551	198	6825
2	The Blue Ballers	10	2	606	154	7350	10	The Untouchables	5	7	459	271	6635
3	Team Ramrod	10	2	572	180	7216	11	Silver Bullets	4	8	532	215	7076
4	Pin Wetters	9	3	624	140	7285	12	Bowling Diva's	4	8	480	255	6758
5	Flaming Hookers	7	5	628	137	7088	13	High Rollers	4	8	538	208	6757
6	Effin' H	7	5	521	221	6859	14	4th Force Recon	3	9	574	179	6885
7	Balls of Fury	6½	5½	583	172	6926	15	Wang Team	2½	9½	553	196	6902
8	Chix with Balls	6	6	483	252	6834	16	The Happy Team	1	11	509	231	6526

Results of Last Week's Bowling.....													
Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON		Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	The Untouchables	828	746	751	2325	3	<--->	Wang Team	741	728	786	2255	1
3-4	BANNED	762	752	800	2314	4	<--->	4th Force Recon	750	726	731	2207	0
5-6	Flaming Hookers	814	773	764	2351	3	<--->	Bowling Diva's	680	816	754	2250	1
7-8	Pin Wetters	803	806	782	2391	3	<--->	High Rollers	788	766	809	2363	1
9-10	Team Ramrod	813	788	855	2456	3	<--->	Chix with Balls	757	796	725	2278	1
11-12	The Happy Team	797	700	713	2210	1	<--->	Big Ern's Kids	741	793	745	2279	3
13-14	Silver Bullets	795	827	789	2411	0	<--->	The Blue Ballers	851	844	820	2515	4
15-16	Balls of Fury	776	729	786	2291	1	<--->	Effin' H	792	841	718	2351	3

Last Week's High Scores for Immediate Release													
Men	Scratch Game	231	Mark Gleason		222	Mark Gleason		214	Marc Gonsalves				
		213	Geoff Miller			212	Chris Ruddell		207	Jim Martin			
						203	Jim Martin		201	Marc Gonsalves			
	Scratch Series	622	Mark Gleason			609	Marc Gonsalves		555	Jim Martin			
Women	Scratch Game	187	Kumi Martin		179	Carey Berkly		170	Val Benedict				
	Scratch Series	462	Kumi Martin		452	Val Benedict		448	Carey Berkly				

Standings as of Sept. 26



HEALTH AND WELLNESS

Check children’s heads daily for parasites

Press Release
www.kidshealth.org/parent

Much to many parents' annoyance, the head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on extremely small amounts of blood drawn from the scalp. Although they may sound gross, lice are a common problem, especially for children ages 3 to 12.

Lice aren't dangerous and they don't spread disease, but they are contagious and can just be downright annoying. Their bites may cause your child's scalp to become itchy and inflamed and persistent scratching may lead to skin irritation and even infection.

How Can I Tell if My Child Has Lice?

Though very small, lice can be seen by the naked eye. What you or your child's doctor might see by thoroughly examining your child's head: Lice eggs, called nits, look like tiny yellow, tan, or brown dots before hatching. After hatching, the remaining shell looks white or clear. Lice lay nits on hair shafts close to the skin's surface, where the temperature is perfect for keeping warm until they hatch.

Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off. Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within one to two weeks.

The adult louse is no bigger than a sesame seed and is brownish tan (although lice may look darker on people with dark hair). Nymphs are smaller and become adult lice about seven days after they hatch. Most lice feed on blood about every four to six hours, but they can survive up to three days off the scalp.

With lice bites come itching and scratching. However, the itching may not always start right away - that depends on how sensitive your child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on or tickling their heads.

For some kids, the irritation is mild; for others, a more bothersome rash with crusting and oozing may develop. It's also not unusual for kids to develop some swelling of their lymph glands.

Excessive scratching can also lead to a bacterial infection (the skin would become red and tender around the bite area). If your child's doctor thinks this is the case, he or she may treat the infection with a topical or an oral antibiotic.

You may be able to see the lice or nits by parting your child's hair into small sections and checking for lice and nits on the scalp, behind the ears, and around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows).

A magnifying glass and bright



File photo

Head lice are a common problem, especially for children ages 3 to 12. To help control the spread of head lice talk with your children about how head lice is contacted at school.

light may help. But it can be tough to find a nymph or adult louse - often, there aren't many of them and they're able to move fast.

Call your child's doctor if your child is constantly scratching his or her skin or complains of itches that don't go away, especially on parts of the body that are covered with hair. The doctor should be able to tell you if your child is infested with lice and needs to be treated.

Also be sure to check with your child's school nurse or child-care center director to see if other children have recently been treated for lice. If you discover that your child does, indeed, have lice or nits, contact the staff at your child's school to let them know about it.

Are Lice Contagious?

Lice are highly contagious and can spread quickly from person to person, especially in group settings (schools, child-care centers, slumber parties, sports activities, camps, and even playgrounds).

Though they can't fly or jump, these tiny parasites have specially adapted claws that allow them to crawl and cling firmly to hair.

They spread mainly through head-to-head contact, but sharing clothing, bed linens, combs, brushes, and hats can also help pass them along.

Children and teens are most prone to catching lice because they tend to have close physical contact with each other and often share personal items.

And you may wonder if Fido or Fluffy may be catching the pests and passing them on to your family.

But rest assured that pets can't catch head lice and pass them on to people or the other way around.

How Are Lice Treated?

Your child's doctor can recommend a medicated shampoo, cream, or lotion to kill the lice. These may be over-the-counter or prescription medications, depending on what treatments have already been tried. It isn't uncommon for treatments to be unsuccessful because of incorrect use or because the lice may be resistant to the chemical in the shampoo.

It's important to follow the directions exactly because these products are insecticides. Applying these medications too much or too frequently can increase the risk of causing harm. Following the directions on the product label is also important to ensure that the treatment works properly. Your child's doctor may also suggest a special rinse to use on your child's hair that makes it easier to comb out the nits using a fine-tooth comb.

Medicated lice treatments can usually kill the lice and nits, but it may take a few days for the itching to stop. Your child's doctor may recommend repeating treatment in seven to 10 days to make sure all the nits have been killed, to avoid any risk of reinfestation.

If your child is 2 years old or under, you should not use medicated lice treatments. You'll need to remove the nits and lice by hand.

It's also a good idea to use a fine-tooth comb on your child's hair after regular shampooing every three to four days for two weeks. Wetting the hair beforehand is recommended because it temporarily immobilizes the lice and they become easier to comb out.

Keep in mind that head lice don't survive long once they fall off a person. So it's unnecessary to spend a great deal of time and money trying

to rid the house of lice. Here are some simple steps you can take to help get rid of the lice and their eggs, and help prevent a lice re-infestation:

- ♦Wash all bed linens and clothing that's been recently worn by anyone in your home who's infested in very hot water (130 degrees Fahrenheit, or 54.4 degrees Celsius) then put them in the hot cycle of the dryer for at least 20 minutes.
 - ♦Dry clean any clothing that isn't machine washable.
 - ♦Have bed linens, clothing, and stuffed animals and plush toys that can't be washed dry-cleaned. Or, put them in airtight bags for 2 weeks.
 - ♦Vacuum carpets and any upholstered furniture (in your home or car).
 - ♦Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in rubbing alcohol or medicated shampoo for 1 hour. You can also wash them in hot water or just throw them away.
- Because lice are easily passed from person to person in the same house, other infested family members will also need treatment to prevent the lice from coming back.
- In your efforts to get rid of the bugs, there are some things you shouldn't do. Some don'ts of head lice treatment include:
- ♦Don't use a hair dryer on your child's hair after applying any of the currently available scalp treatments, because some contain flammable ingredients.
 - ♦Don't use a cream rinse or shampoo/conditioner combination before applying lice medication.
 - ♦Don't wash your child's hair for 1 to 2 days after using a medicated treatment.
 - ♦Don't use sprays or hire a pest

control company to try to get rid of the lice, as they can be harmful.

♦Don't use the same medication more than three times on one person. If it doesn't seem to be working, your child's doctor may recommend another medication.

♦Don't use more than one head lice medication at a time.

Can Lice Be Prevented?

Having head lice is not a sign of uncleanness or poor hygiene. The pesky little bugs can be a problem for kids of all ages and socioeconomic levels, no matter how often they do - or don't - clean their hair or bathe.

However, you can help to prevent your child from getting lice - or from becoming re-infested with lice - by taking the following precautions:

- ♦Tell your child to try to avoid head-to-head contact at school (in gym, on the playground, or during sports) and while playing at home with other children.
- ♦Tell your child not to share combs, brushes, hats, scarves, bandanas, ribbons, barrettes, hair ties or bands, towels, helmets, or other personal care items with anyone else, whether they may have lice or not.
- ♦Tell your child not to lie on bedding, pillows, and carpets that have recently been used by someone with lice.

♦Examine members of your household who have had close contact with a person who has lice every 3 or 4 days. Then, treat those who are found to have lice or nits close to the scalp.

Will They Ever Be Gone?

As many parents know firsthand, lice infestation can be a persistent nuisance, especially in group settings. If you feel like you're following every recommendation and your child still has lice, it may be because of one or more of the following:

- ♦There are still some nits left behind.
- ♦Your child is still being exposed to someone with lice.
- ♦The treatment you're using isn't effective.

There's no doubt that they can be hard bugs to get rid of. If your child still has lice for two weeks after you started treatment or if your child's scalp looks infected (with pus or sores), call your child's doctor.

No matter how long the problem lasts, be sure to emphasize to your child that although having lice can certainly be very embarrassing, anyone can get them. It's important for kids to understand that they haven't done anything wrong and that having lice doesn't make them dirty. And reassure your child that as aggravating as getting rid of the annoying insects can be, there is light at the end of the tunnel.

Be patient and follow the treatments and preventative tips as directed by your child's doctor for keeping the bugs at bay, and you'll be well on your way to keeping your family lice-free.



HEALTH AND WELLNESS

Blood Pressure: Questions and Answers

Brandi Givens
LIFELines

Lieutenant Cmdr. Jeffrey Quinlan, Family Medicine Residency Program director at Naval Hospital Jacksonville, helps answer some common questions about blood pressure.

What is blood pressure?
Blood pressure is the pressure our blood exerts while flowing against artery walls. To measure blood pressure, a blood pressure cuff is placed around the patient's arm and is inflated. This squeezes the arm's arteries and stops the blood flow. As the cuff deflates, blood begins to flow again. Two numbers are then read from the blood pressure gauge, such as 120/80.

What do the numbers mean?
The two numbers represent two different measurements. The first number, the systolic reading, represents the measure of blood pressure as the heart beats. The second number, the diastolic reading, represents the measure of blood pressure as the heart rests between beats.

What about low blood pressure?
Although not as common, abnormally low blood pressure is also a concern because it may result in an inadequate blood flow to vital organs, such as the brain.

What is hypertension?
Hypertension is the medical term for high blood pressure. According to the American Heart Association, optimal blood pressure is 120/80 or lower. A blood pressure reading from

120 to 139 systolic, or from 80 to 89 diastolic, is considered prehypertensive. A blood pressure reading higher than 139 systolic or 89 diastolic is considered hypertensive.

Who is at risk for high blood pressure?
Factors that increase the risk of high blood pressure include:
♦A family history of hypertension
♦Aging
♦African American race
♦Male sex
♦Sodium intake and sensitivity
♦Excessive alcohol consumption
♦Obesity or a physically inactive lifestyle
♦Medications including oral contraceptives
♦Pregnancy

What are the symptoms of high blood pressure?
High blood pressure is called "the silent killer" because there are often no symptoms.

Why is high blood pressure bad?
Hypertension causes the heart to work harder than normal and strains the arteries. This can lead to damaged blood vessels, damaged organs, heart disease, heart attack, stroke, kidney failure, blindness and other medical problems.

What causes high blood pressure?
In almost all cases, the cause for high blood pressure is unknown. High blood pressure with unknown causes is called primary hypertension. The remainder of cases, those with secondary hypertension, have a determined underlying cause, such

as kidney problems, tumors in the pituitary or adrenal gland, diabetes or narrowing of the aorta.

Can high blood pressure be cured?
When the cause for hypertension is unknown, it usually can't be cured. However, it can be controlled with medication, diet, and exercise.

Do certain foods affect blood pressure?
Salt or sodium can increase blood pressure, especially in salt-sensitive individuals. Foods such as fruit, vegetables, and low-fat dairy products may lower blood pressure because they contain potassium, magnesium and calcium.

Sugar and high-fat foods may not directly raise or lower blood pressure, but too much of these foods can lead to hypertension risk factors, such as obesity.

How does exercise affect blood pressure?
Exercise increases blood pressure for a limited and controlled amount of time, but the overall effect of regular exercise can lower blood pressure.

How does stress affect blood pressure?
Stress increases blood pressure due to body chemicals released during stressful situations. In most individuals, this rise in pressure decreases as the situation passes. Chronic stress, however, can induce hypertension.

How can I check my blood pressure?
Active duty members can seek



File photo

To measure blood pressure, a blood pressure cuff is placed around the patient's arm and is inflated.

blood pressure screening through their corpsman. TRICARE beneficiaries can make an appointment through their primary care manager.

No good news on tobacco

Carole W. Butler
LIFELines

It's so romantic. He leans slowly toward her. Shyly, she turns her cheek for his kiss.
No, wait. She's turning away from his gross yellow teeth, his foul tobacco breath.
If you want romance, tobacco isn't your friend.
Tobacco isn't pretty: showering ashes, stinking butts, choking smoke, burning holes in your uniform, spitting out chew juice, or worse, swallowing it.
And it's not cheap: \$3, \$4, (\$7+ in New York) a pack. At \$4 a day, that's \$1,460 a year. A nicotine mistress quickly burns up your

cash, leaving little for dinner and a movie, much less savings for your sweetheart's engagement ring.
Since the Department of the Navy announced smoke-free working and living spaces, there has been no good news for Navy and Marine Corps personnel who are slaves to nicotine. Ironically, nicotine can be used to help smokers become non-smokers.
"The nicotine patch, gum, and nasal spray are all safe, if used properly," said Navy Capt. Larry Williams, Dental Office, Naval Training Center Great Lakes. "There are no safe forms of tobacco."
Dip, chew, snuff, cigars, cigarettes and herbal cigarettes - smoked, chewed, inhaled

(directly or indirectly) - are all bad news for personnel using tobacco.
Then there's secretly spitting the disgusting stuff into a soda can — or swallowing it — to avoid standing in lines for the smoking deck.
"They think dip is less harmful, mistakenly, because it isn't less harmful," said Alice G. Fitzpatrick, RN, Tobacco Cessation program manager, Naval Medical Center Portsmouth.
Advising Navy and Marine Corps personnel and their families trying to quit using tobacco, Fitzpatrick points out the thousands of chemicals, including insecticides and formaldehyde, consumed from smoke or smokeless tobacco, as well as the stress tobacco consumption places on the human body: liver disease, lung cancer, cancer of the mouth, rotted teeth, stroke and heart disease.
There is no good news on tobacco.



File photo



Kristan O’Conner (left) and Lauren Lugavere (right), wives of Malcatraz players and fans of the team, show their support at an Intramural Softball League game at Risely Field here, Monday.

RADIO, from C-1

Later in the fourth, Malcatraz started what looked to be a homerun derby as four of their team members slugged homeruns, bringing the score to 25-19.

In the fifth and final inning, 3rd radio attempted catch up but failed against

the Malcatraz defense and left them one more chance to bat.

At the top of the fifth, Malcatraz batted in two runs leaving 3rd Radio crushed, 27-19

“You came out here with your heads up, so suck it up,” Johnson said. “We’ll get them in the next game.”



Patrick Cuda, Malcatraz catcher, attempts to tag out a 3rd Radio player sliding into home.



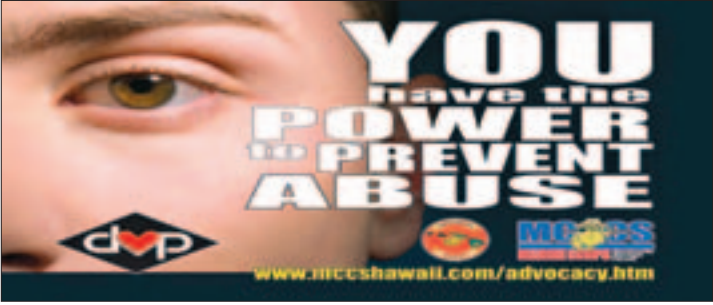
Malcatraz third base coach and catcher, Patrick Cuda, waves on the runners bringing them around the bases and into home to score at Monday night’s game.

Driven to be fit



Christine Cabalo

Regina Martinez builds up upper body strength using her own weight with a dip machine. She said she focuses her workouts on weight lifting and cardiovascular exercise. Marintez said this center is her favorite military gym on Oahu because of its large variety of equipment, and she drives to Kaneohe from Honolulu just for this exercise center.





Kal Wesley Lopes, 21, Camp Smith quarterback, receives pack block coverage from his linemen while setting up for a pass down field during an Intramural Football League regular season game against the Marine Aircraft Group "Bandits" Sept. 20 at Pop Warner Field.

RAID, from C-1

The Bandits answered back with a touchdown of their own late in the first quarter, but were unable to make the two-point conversion, leaving the score 7-6.

Both the Raiders and Bandits fought for the next touchdown, but through their respective defenses, the first half ended with the Raiders in the lead.

During the second half, the teams continued to drive down the field, only to have to punt the ball away. Both teams occasionally got close to the end zones, but were unable to push through to score.

In the third quarter, the Raiders and Bandits were able to drive the ball into the end zone, but it was the Bandits who passed in a two-point conversion to tie the game, 14-14, going into the fourth quarter.

The Raiders eventually ran in their last touchdown of the

game, and converted their extra point, making it 21-14.

The Bandits fought to tie or possibly win the game in the remaining time, but due to some controversial calls, they were unable to get into the end zone and lost, 21-14.

Although Peapealalo's Raiders won, he found a few parts of his defense needed more practice.

"We need to work with our cornerbacks a little bit more," Peapealalo said. "Marine Aircraft Group brought their game today, and they showed us what we need to work on."

Speeding ahead



Christine Cabalo

Cody Spencer, 14, readies himself for a jump as he speeds down one of the Base Skate Park's ramps. The skater said he likes rolling fast on his board, and he always wears safety gear when he practices.



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AROUND THE CORPS

Far East Rifle Team wins two awards at rifle championship

Story and Photo by
Lance Cpl. Robert C.
Frenke

MCB Camp Butler

CAMP FOSTER, OKINAWA, Japan — Members of the Far East Rifle Team presented Marine Corps Base Camp Butler’s commanding general with two marksmanship awards during a ceremony here, proving their mettle with the weapons of their trade.

During the ceremony, the team presented Maj. Gen. Mary Ann Krusa-Dossin with the Commanding General Marine Corps Combat Development Command Team Award and the Infantry Team Trophy they received at the 46th Annual Interservice Rifle Championships at Marine Corps Base Quantico July 17-24.

The rifle competition is sponsored by the Marine Corps and allows Marines, Sailors, soldiers and airmen to compete in 14 marksmanship categories.

The six-member team formed less than three weeks before competition and was only eligible in three categories because of their small size, said Chief Warrant Officer 2 Mark Clark, team captain.

“We were the smallest team out there, and the other teams didn’t give us the time of day until we started winning,” Clark said. “We worked well together; our common goal was to win.”

The competition included individual and team matches with competitors firing from 200-1000 yard lines using service and match-grade rifles.

The competition’s rules stated every rifle used in the competition must meet the



The Far East Rifle Team presents Maj. Gen Mary Ann Krusa-Dossin, commanding general, Marine Corps Base Camp Butler, with the Commanding General Marine Corps Combat Development Command Team Award and the Infantry Team Trophy during a ceremony in her office Sept. 6. From left to right: Cpl. Ryan Butler, Gunnery Sgt. Orlando Tellez, Maj.Gen. Mary Ann Krusa-Dossin, Cpl. Esteban Ramirez, Cpl. Joshua Gagnon and CWO2 Mark Clark.

Civilian Marksmanship Program Competition rules and the National Rifle Association high-power rifle rules. The

Marines had to use the National Match M-16 A2 Rifle, which weighs six pounds more than the

service version.

Though the team had such little time to prepare for the competition, other competi-

tors soon realized their gross underestimation as they took first place in two of the three matches they competed in.

“Victory is so sweet, especially when your opponents don’t expect you to be in the game,” said Krusa-Dossin.